



The Physical and Mental Health Status of Soldiers in Garrison Compared to Military Personnel in Bosnia

Final Report: Apr - Jul 98



Purpose

- To compare the physical and mental health status of soldiers stationed in Germany (Garrison) to those redeploying from the Bosnia area of operations.



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Summary of Findings

- **25.6%** of the Garrison sample exceeded criteria on either the PTSD, depression or alcohol abuse scales vs. **19.1%** from the Bosnia data set.
- Garrison rates on the PTSD and Depression scales were significantly higher than Bosnia rates; alcohol rates were similar.
- **11.3%** of the Garrison sample were referred for further mental health evaluation vs. **2.4%** from the Bosnia data set.
- Garrison - Bosnia differences are chiefly found among lower enlisted males. No consistent differences are found among senior enlisted males or male officers. Among enlisted females, Garrison rates also tend to be higher than Bosnia rates.
- Within the Garrison sample, those previously deployed to Bosnia had significantly lower Depression and PTSD rates than those who had not deployed.
- 11.2% of the Garrison sample interviewed requested counseling.
- **17.6%** of the Garrison sample reported physical symptoms on the Primary Physical Scale vs. **11.6%** from the Bosnia data set.
- 39% of the Bosnia sample reported loss of at least 3 days due to physical problems vs. 20% of the Garrison sample.
- The most commonly reported physical symptoms in Garrison were headaches and back problems.
- The more physical health problems in Garrison, the more likely the soldier was to score positive on the psychological scales or get a referral.



Background

- Since FEB 1996, over 57,000 DOD personnel have been screened for physical and psychological problems as part of the Joint Medical Surveillance Screening program while redeploying from the Bosnia area of operations.
- The Garrison Study was conducted in order to provide comparison data for the Bosnia data.
- During APR-JUL 1998, 790 soldiers in Garrison were screened on-site at 10 U.S. installations in Germany.
- In this report, Garrison data are compared with Bosnia data collected from redeploying military personnel from FEB 96 - FEB 98 (n=48,529).



Garrison Study: Execution

- No Garrison norms existed for comparison to rates obtained in the Joint Medical Surveillance Program in Bosnia.
- Funding for the Garrison study was provided by the Commander, European Regional Medical Command (ERMC).
- Eleven Companies stationed in Germany were selected for inclusion in the Garrison Study.
- U.S. Army Medical Research Unit-Europe (USAMRU-E) staff conducted the study design and data collection, including on-site technical and clinical expertise. Non-USAMRU-E personnel provided additional support.
- Garrison units were screened with psychological and physical measures used in the Joint Medical Surveillance Program in Bosnia.
- Data were analyzed to provide comparison between Garrison units and units deployed to Bosnia.



Garrison Study: Units Evaluated¹

11 companies were evaluated (5 deployed to Bosnia as a Company):

- 4 Divisional Combat Arms (CA) Companies (IN, AR, FA, AVN)
- 4 Divisional Combat Support (CS)/Combat Service Support (CSS) Companies
- 3 Echelon Above Corps Units (EAC: 1st PERSCOM & 21st TAACOM)

Units Assessed

	CA (n=219; 27.7%)	CS (n=107; 13.5%)	CSS (n=464; 58.7%)
1ID (n =159; 20.1%)	D/1-26 INF BN HHC/4 BDE AVN	C/82nd ENG BN	E/701 MED SPT BN
1AD (n=338; 42.8%)	C/1-37 AR A/94 DIVARTY	B/141st SIG	B/501st FSB
EAC (n=293; 37.1%)			Band & Chorus HHC, 1st PERSCOM 574/29/21 TAACOM

¹Units had not deployed at least 30 days prior to data collection.



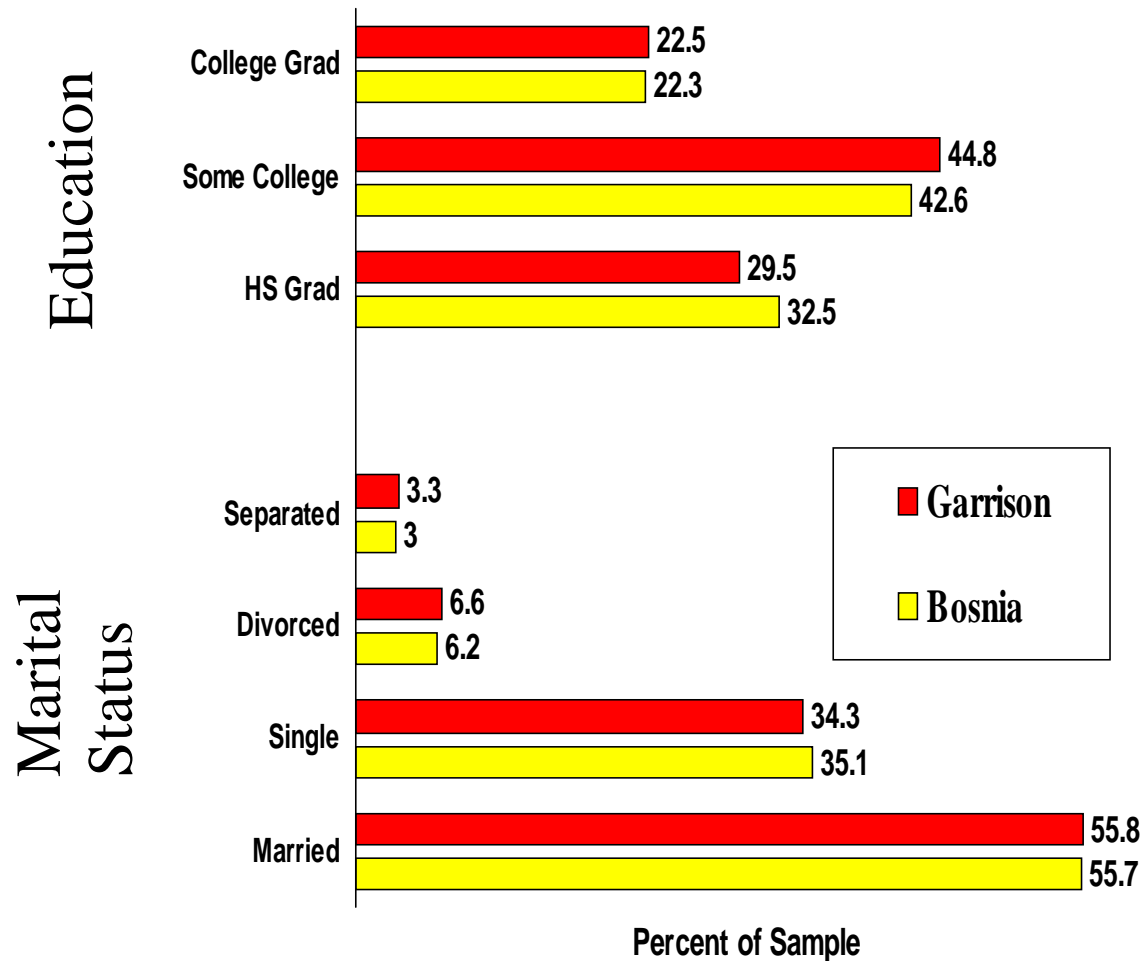
Psychological Screening Procedures

Three Components

- **Primary Screen:** Administered to military personnel. Measures three psychological symptom categories:
 - post-traumatic stress (17-item USAMRU-E PTSD checklist)
 - depression (20-item Zung Self-Rating Depression Scale)
 - alcohol abuse (4-item CAGE Questionnaire)
- **Secondary Screen Interview:** Military personnel whose scores exceed established criteria on any indicator were interviewed by trained mental health personnel.
- **Home Station Referral:** Based on the interview, military personnel may be given a voluntary mental health referral.



Demographics: Bosnia vs. Garrison¹ (1 of 3)



- There was no difference in educational level between the two groups.

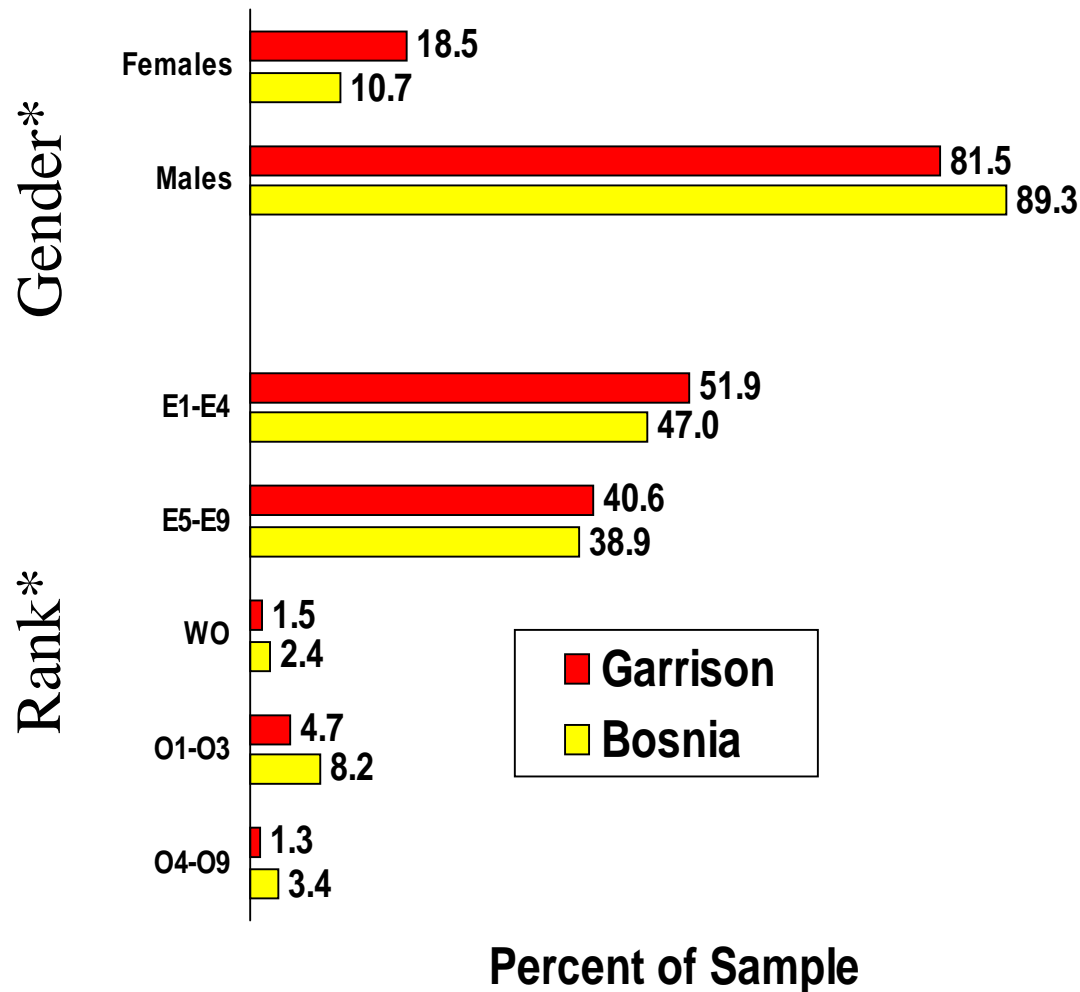
- Service members in Bosnia and in Garrison had similar marital status.

Note: Numbers may not sum to 100% because of rounding.

¹Garrison is based on a sample size of 790; Bosnia is based on a sample size of 48,529.



Demographics: Bosnia vs. Garrison¹ (2 of 3)



- There was a higher percentage of females in the Garrison sample than in the Bosnia sample.

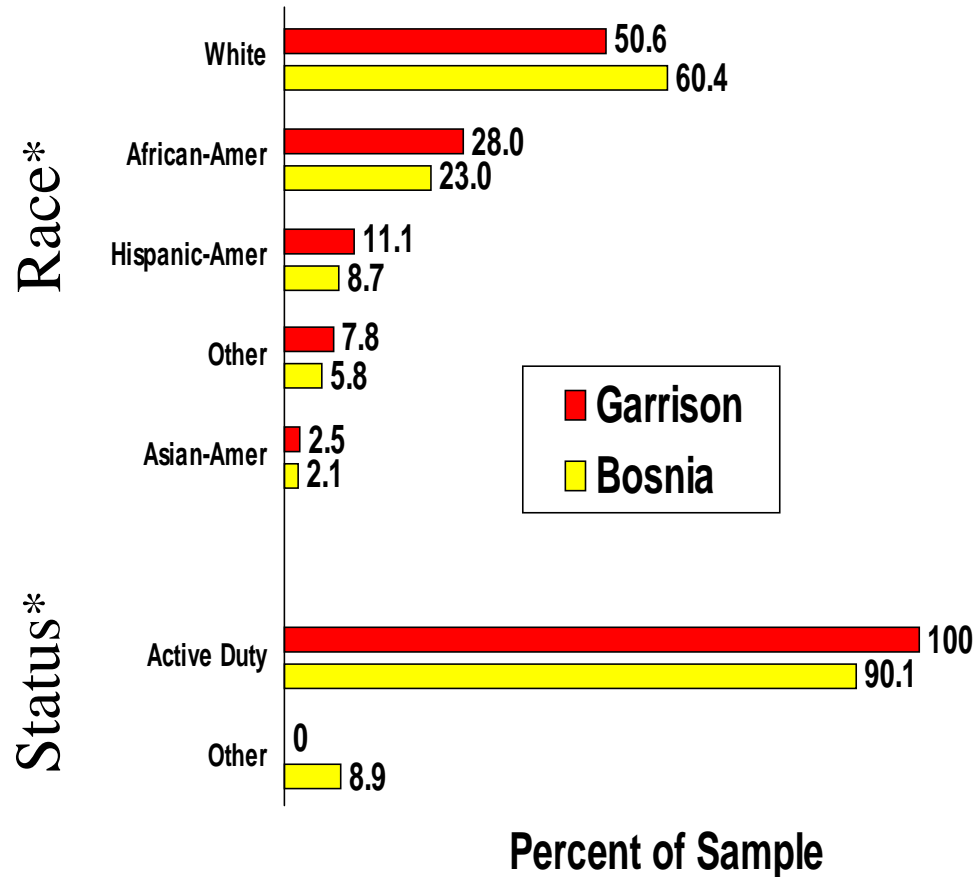
- The majority of service members in the Garrison sample were lower enlisted. There were more officers in the Bosnia sample than in the Garrison sample.

* $p < 0.05$

¹Garrison data is based on sample size $n = 790$; Bosnia data is based on sample size $n = 48,529$.



Demographics: Bosnia vs. Garrison¹ (3 of 3)



- There were fewer white personnel in the Garrison sample than the Bosnia sample.

- The Garrison sample was 100% active duty Army, while the Bosnia sample was 84.9% active duty Army.

* $p < 0.05$

¹Garrison is based on sample size $n = 790$; Bosnia is based on sample size $n = 48,529$.



Deployment Experience

GARRISON Sample

- Half (50.3%) of the Garrison sample have been on at least one deployment.*
 - **Bosnia Theater (38.9%)**
 - Persian Gulf (12.3%)
 - Somalia (1.9%)
 - Haiti (1.8%)
 - Cuba (1.0%)

BOSNIA Sample

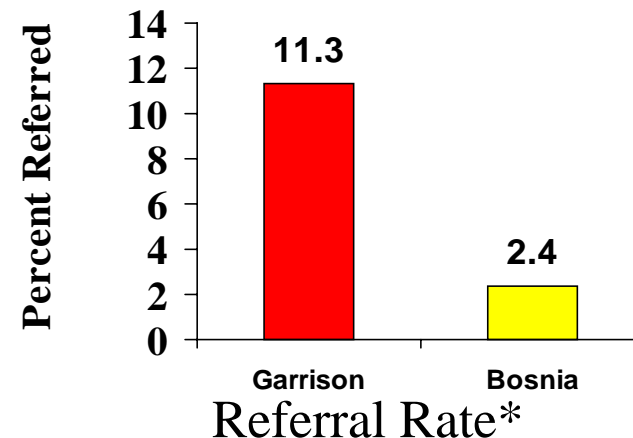
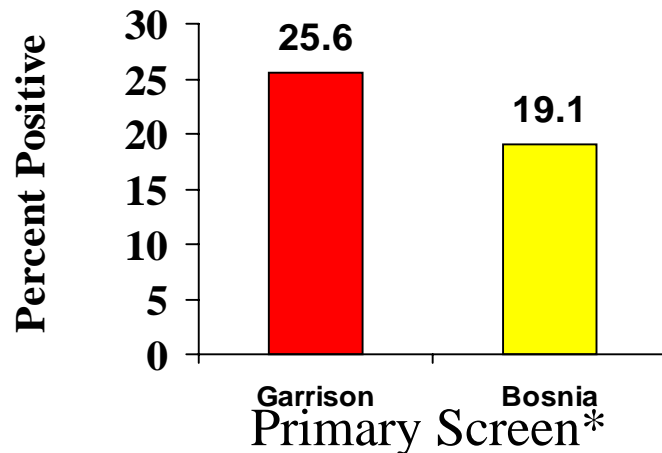
- Average deployment length was 6.6 months.
- 22.5% of the Bosnia sample have deployed at least twice to Bosnia in support of OJE/OJG.

*Note: Percents do not sum to 100% because of multiple deployments. 6.9% have been on other deployments.



Primary Screen & Referrals: Garrison vs. Bosnia

- Percent of Garrison and Bosnia samples exceeding criteria on the primary screen and percent receiving referrals.
- 25.6% of the Garrison sample exceeded established criteria on at least one of the scales compared to 19.1% of the Bosnia sample.
- The Garrison sample had a higher rate of referral (11.3%) than the Bosnia sample (2.4%).
- The differences in primary screen and referral rates are primarily found among lower enlisted soldiers, not among senior enlisted males or officers.

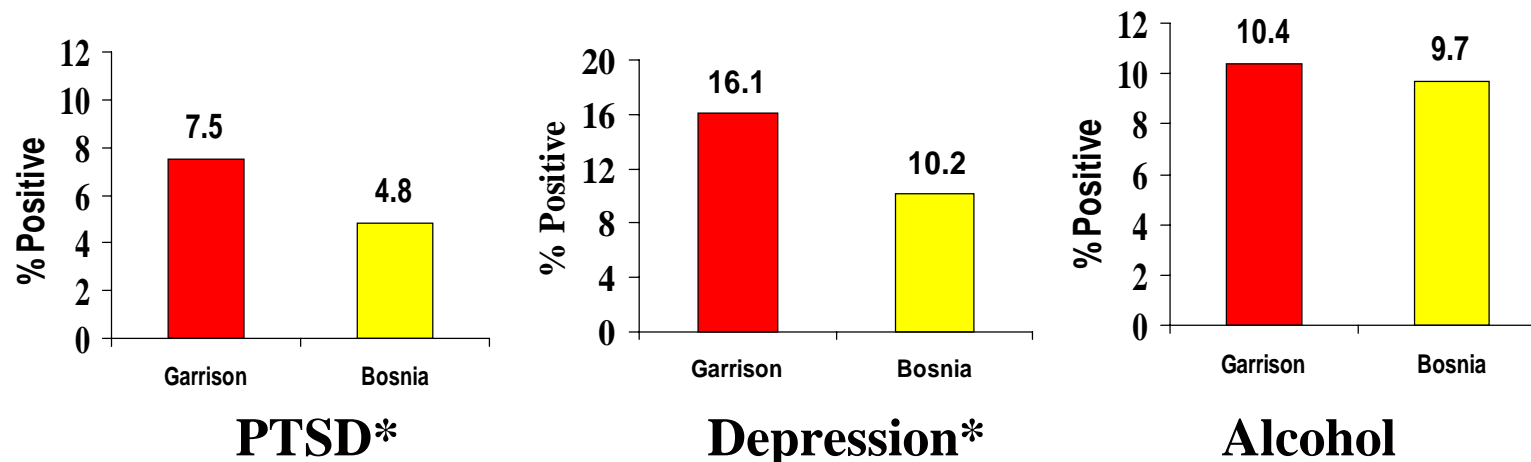


* groups significantly different at $p < 0.05$



Primary Scales: Garrison vs Bosnia

- Percent of total Bosnia and Garrison samples whose scores on the primary psychological screens (PTSD, depression, and alcohol) exceed specified criteria.
- More soldiers in the Garrison sample exceeded criteria on the PTSD and depression scales than in the Bosnia sample. These differences were primarily found among lower enlisted soldiers, not among senior enlisted males or officers.
- Rates on the alcohol screen were very similar between the two samples.

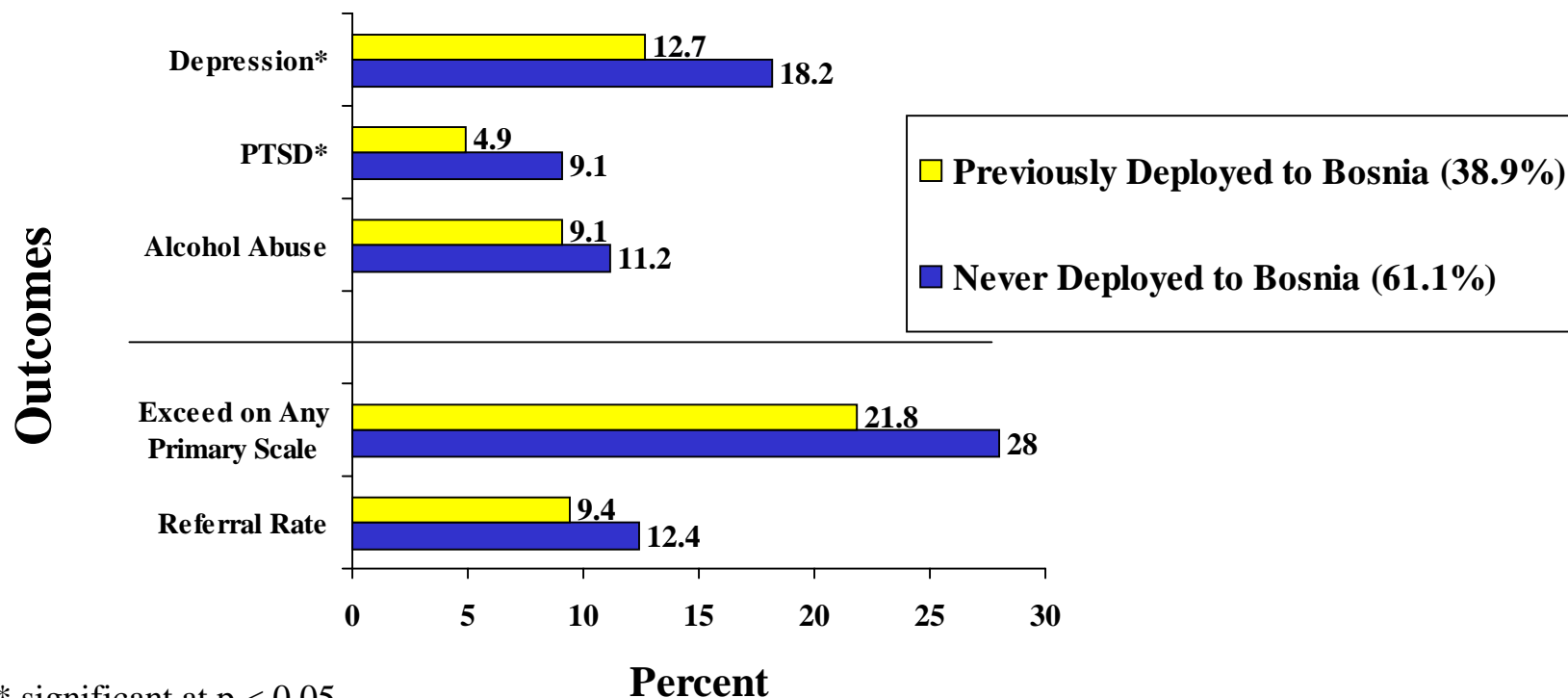


* groups significantly different at $p < 0.05$



Screening Scales by Deployment History (1 of 2)

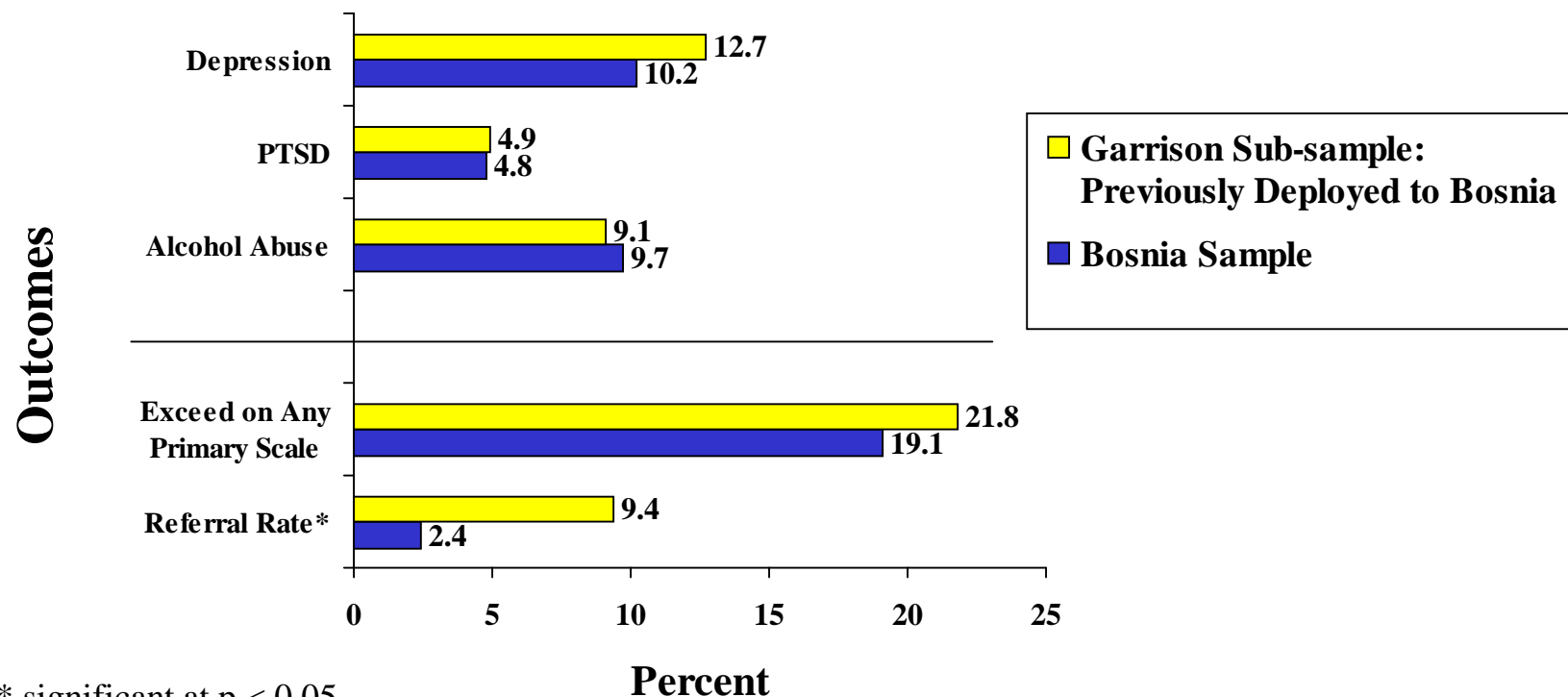
- Comparison of outcome rates within Garrison sample of soldiers previously deployed to Bosnia and soldiers not deployed to Bosnia.
- More soldiers who have **never** deployed to Bosnia exceeded criteria on the PTSD and Depression scales than soldiers who have **previously** deployed to Bosnia.





Screening Scales by Deployment History (2 of 2)

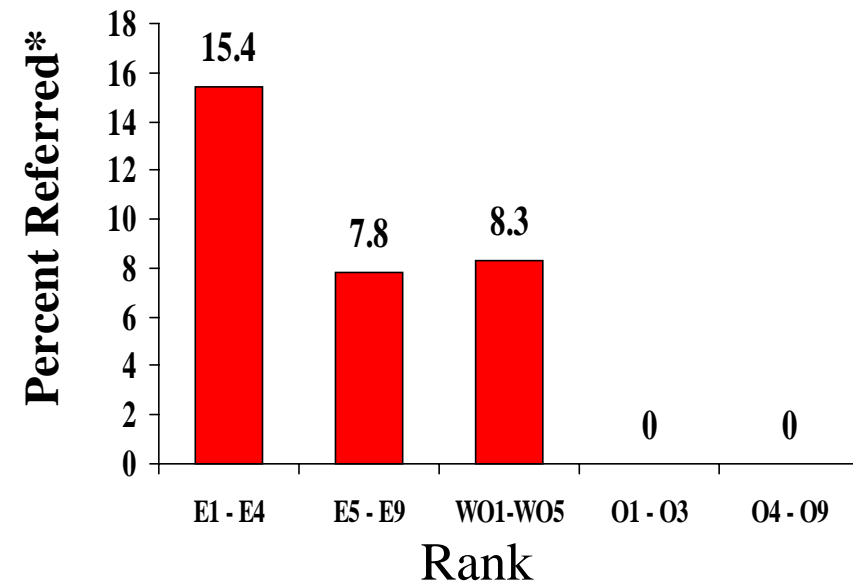
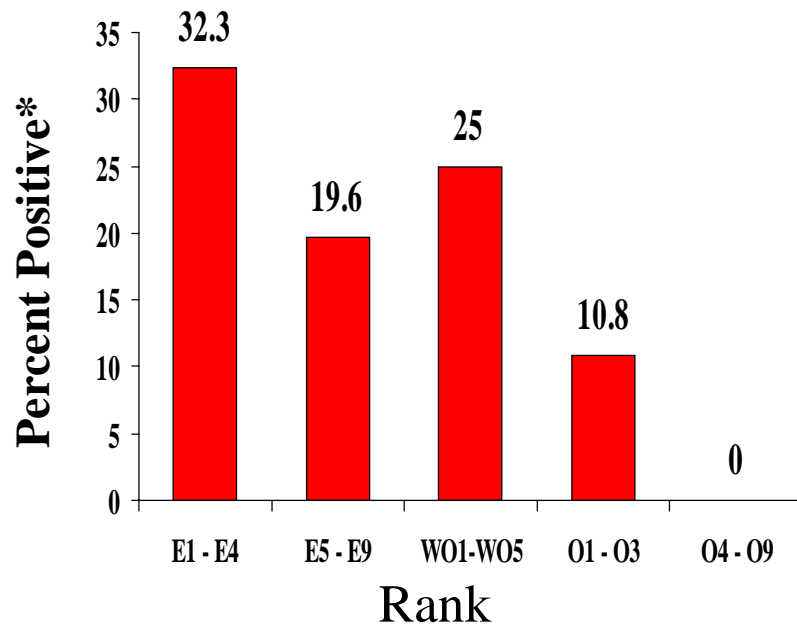
- Comparison of outcome rates between a Garrison sub-sample of soldiers previously deployed to Bosnia and the Bosnia sample.
- Garrison sub-sample soldiers who had deployed to Bosnia were similar to Bosnia soldiers on all outcomes except Garrison soldiers who had deployed received more referrals than the Bosnia sample.





Primary Screen & Referral by Rank

- Percent of Garrison personnel exceeding criteria on any scale and referral rate by rank.
- For the Garrison sample, the higher the rank the less likely to exceed criteria on any of the scales or receive a referral. The Bosnia findings indicate the same trend.



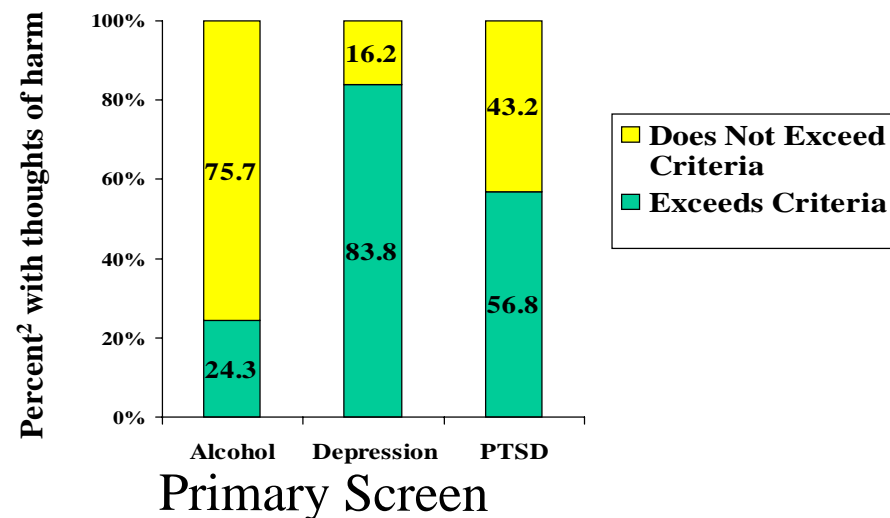
* significant at $p < 0.05$



Thoughts of Harm

- Analysis of Garrison and Bosnia samples¹ who reported that they have been thinking of harming themselves or others.
- 17.1% of the Garrison sample interviewed reported thinking of harming themselves or others compared to 18.0% of the Bosnia sample.²
- Of those exceeding criteria on the PTSD scale, 35.6% reported thoughts of harm vs. 25.0% of those exceeding criteria on the Depression scale, and 11.5% on Alcohol Abuse.
- More of those reporting thoughts of harm indicated marital problems and family history of alcohol abuse and family history of suicide than those not reporting thoughts of harm.

- As seen in the figure, among those reporting thoughts of harm, 83.8% exceeded criteria on the depression scale.



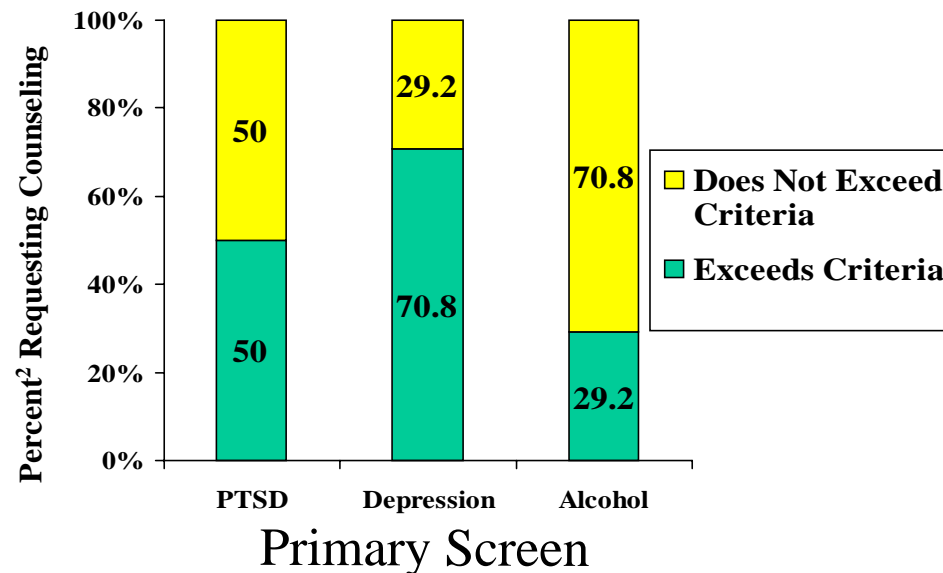
¹Bosnia data set N = 4,159.

²Of those who were interviewed



Requests for Counseling

- Analysis of the Garrison sample requesting to speak with a counselor on secondary screening questionnaire.
- In all, 11.2% of the sample interviewed (3% of the total sample) requested to speak with a counselor. Bosnia data are very similar (10.1% of those interviewed; 1.9% of total sample).¹
- Of those exceeding criteria on the PTSD scale, 20.3% requested counseling vs. 13.8% of those exceeding criteria on the Depression scale, and 9% on Alcohol Abuse.
- As seen in the figure, among those requesting to speak with a counselor, 70.8% exceeded criteria on the depression scale.



¹Bosnia data set N = 4,159.

²Of those who were interviewed



Requests for Counseling: Soldier Profile

- **Lower Enlisted**

More lower enlisted soldiers requested counseling than NCOs. No officers requested counseling.

- **Marital Problems**

Three times as many service members with marital problems requested to speak with a counselor than those with no marital problems.

- **Financial or Legal Problems**

Twice as many service members with financial or legal problems requested counseling than those with no financial or legal problems.

- **Alcohol Abuse and Suicide**

Three times as many service members with family history of alcohol abuse and suicide requested counseling than those with no such family history.



Profile of Soldiers Referred

- Factors that increase the rate of being referred for further mental health evaluation.

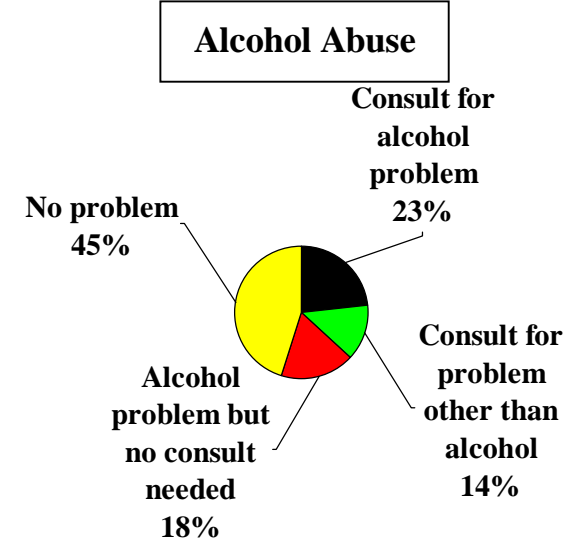
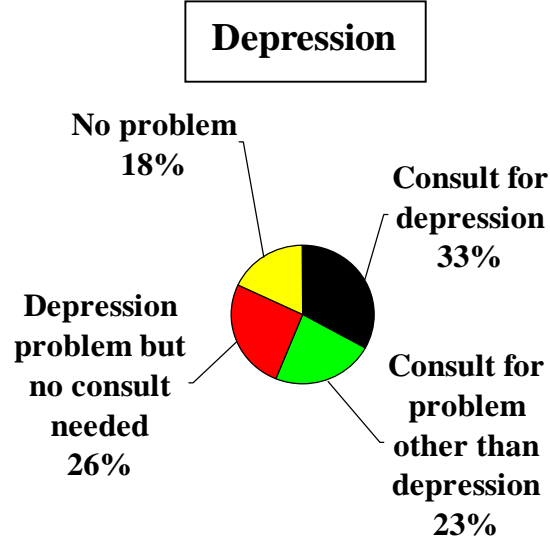
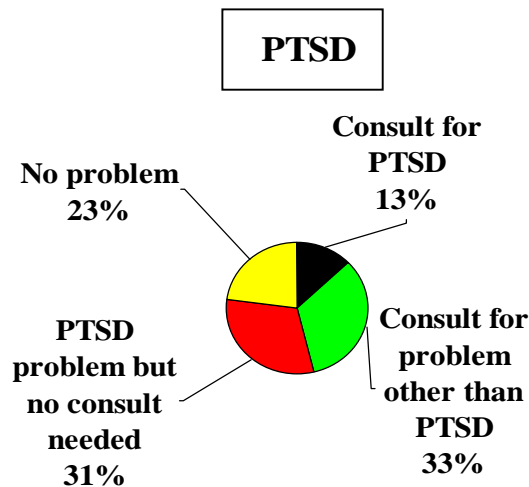
<u>FACTOR</u>	<u>REFERRAL RATE INCREASES</u>
E1-E5 (vs. NCOs & Officers)	2x
Single or Divorced (vs. Married)	2x
Exceeding Alcohol Scale Criteria (vs. not exceeding)	4x
Exceeding PTSD Criteria (vs. not exceeding)	10x
Exceeding Depression Criteria (vs. not exceeding)	13x
Marital/Relationship Problems* (vs. no problems)	2x
Family History of Alcohol Problems* (vs. no history)	2x

*Data based on those interviewed (n = 201).



Effectiveness of Symptom Scales: Interviews

- Disposition rates for military personnel scoring in the positive range on the three screening measures (PTSD, depression, and alcohol abuse)
- The PTSD, depression, and alcohol scales identified redeploying personnel with problems 77%, 82%, and 55 % of the time, respectively. The alcohol scale was the least effective in identifying current clinical issues.





Physical Screening Procedures

Primary Physical Screen (Joint Medical Surveillance version)

- 4 items
 - Fever/chills
 - Swelling
 - Rash
 - Urinary problems

Used in both Bosnia
and Garrison samples

Physical Status Questions (Joint Medical Surveillance version)

- 3 items
 - Current Medications
 - On quarters longer than three days
 - Conditions that limit work ability

Used in both Bosnia
and Garrison samples

Health Symptom Survey

- 20 items
 - Common physical complaints

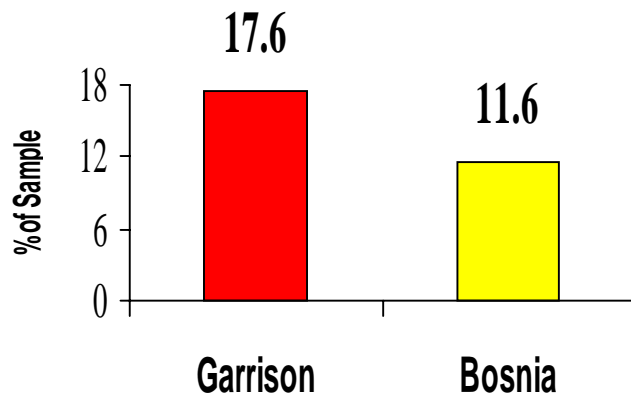
Used in Garrison
sample

NOTE: For the Bosnia physical screen data used in this report each positive response reflects confirmation by a physician.

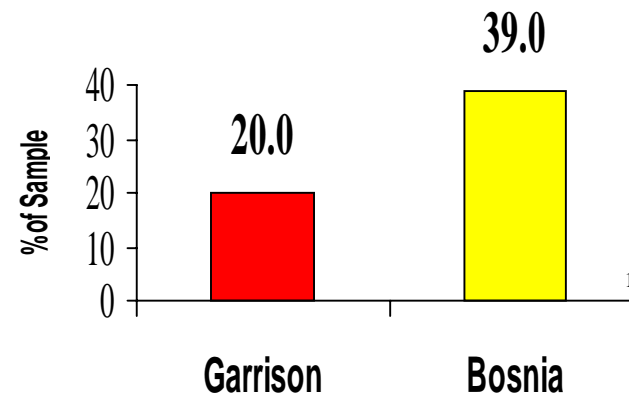


Primary Physical Screen: Population Incidence

- Percent of Garrison¹ and Bosnia² samples reporting any symptom on primary physical screen.
- Significantly more service members in Garrison reported physical symptoms than soldiers in Bosnia.
- Of those who reported symptoms on the physical screen, more of the Bosnia sample than the Garrison sample reported loss of work due to physical problems.



Physical Symptoms Reported *



Loss of at least 3 days of work*

*significant at $p < 0.05$

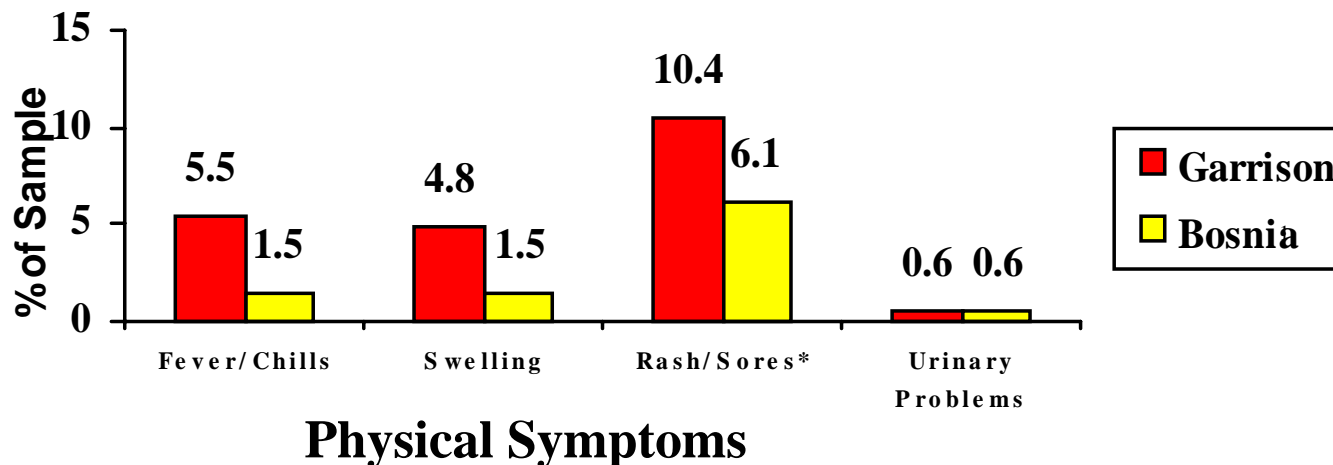
¹N = 165

²Based on on-site review of 3 days of screening in November 1997 during OJG, N=544.



Primary Physical Screen: Population¹ Incidence

- Percent of soldiers in the Garrison and Bosnia samples reporting specific symptoms on the Primary Physical Screen.
- Significantly more soldiers in the Garrison sample reported rashes and sores than service members in Bosnia.
- The majority of self-reported complaints were related to “rashes, skin infections, or sores” for both the Bosnia and Garrison samples.



*significant at $p < 0.05$

¹Garrison (N=165) and Bosnia (N=544).



Physical Status Questions

- Percent of Garrison and Bosnia samples¹ reporting an unevaluated physical condition that limits the ability to do one's primary military job.
- Fewer soldiers in the Garrison sample reported an unevaluated physical condition than the Bosnia sample.²
- In the Garrison sample, of the 8 soldiers who indicated that they have an unevaluated condition that limits their ability to perform their primary military job:

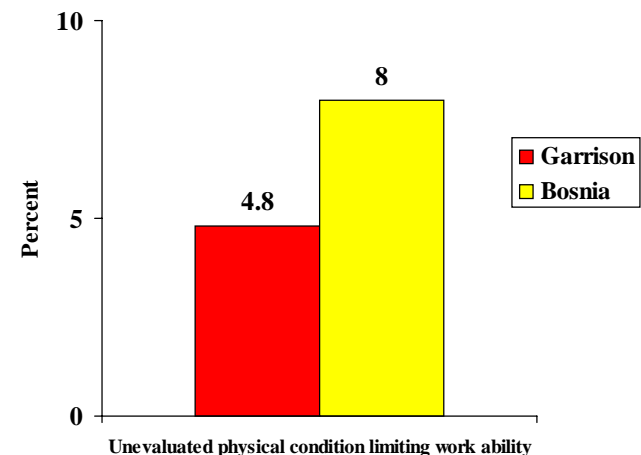
100% exceeded criteria on at least one psychological screening scale

75% exceeded criteria for depression

37.5% exceeded criteria for alcohol use

37.5% exceeded criteria for PTSD

62.5% were referred for mental health evaluation



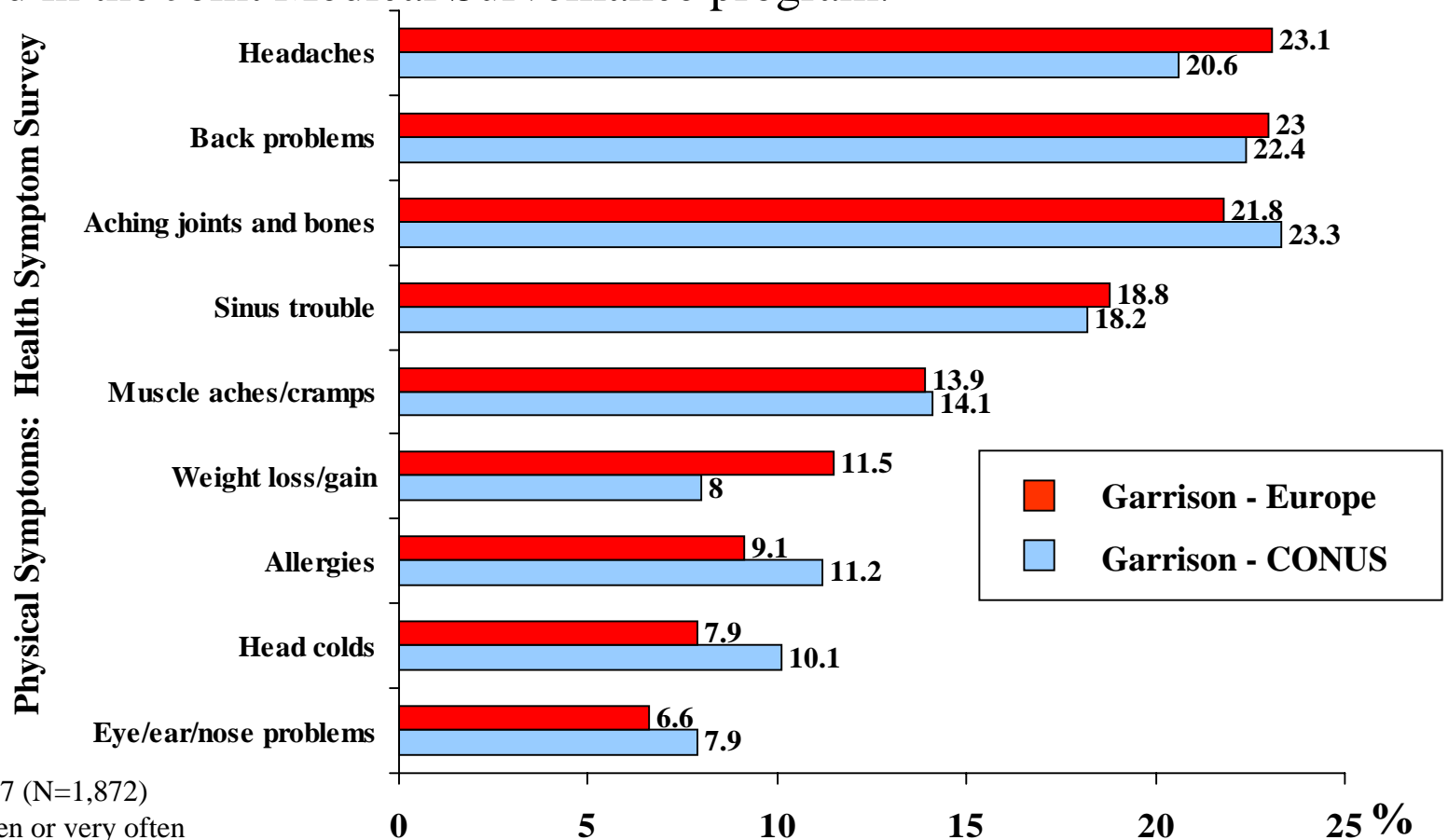
¹Garrison (N=165) and Bosnia (N=544).

²Small n size may be the reason why this difference is not significant.



Health Symptom Survey: Problems (1 of 2)

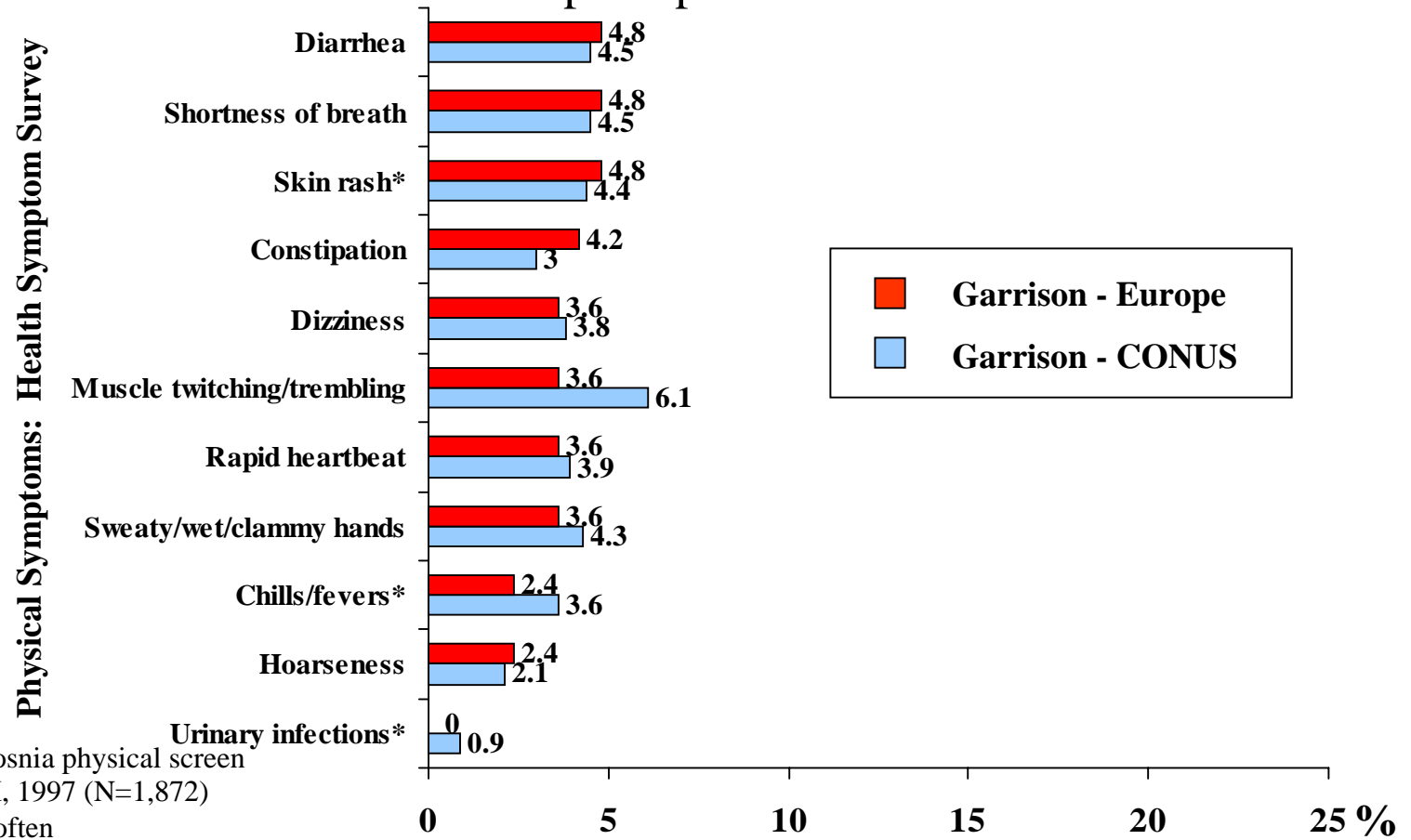
- Comparison of the garrison sample (Europe) with norms from a CONUS-based garrison sample (Fort Hood, TX)¹ on reported health symptoms².
- The top 11 health symptoms are not assessed by the physical screen measure used in the Joint Medical Surveillance program.





Health Symptom Survey: Problems (2 of 2)

- Comparison of the Garrison sample (Europe) with norms from a CONUS-based Garrison sample¹ on reported health symptoms.²
- 30.4% of women in the Garrison sample reported menstrual difficulties.



*Included in Bosnia physical screen

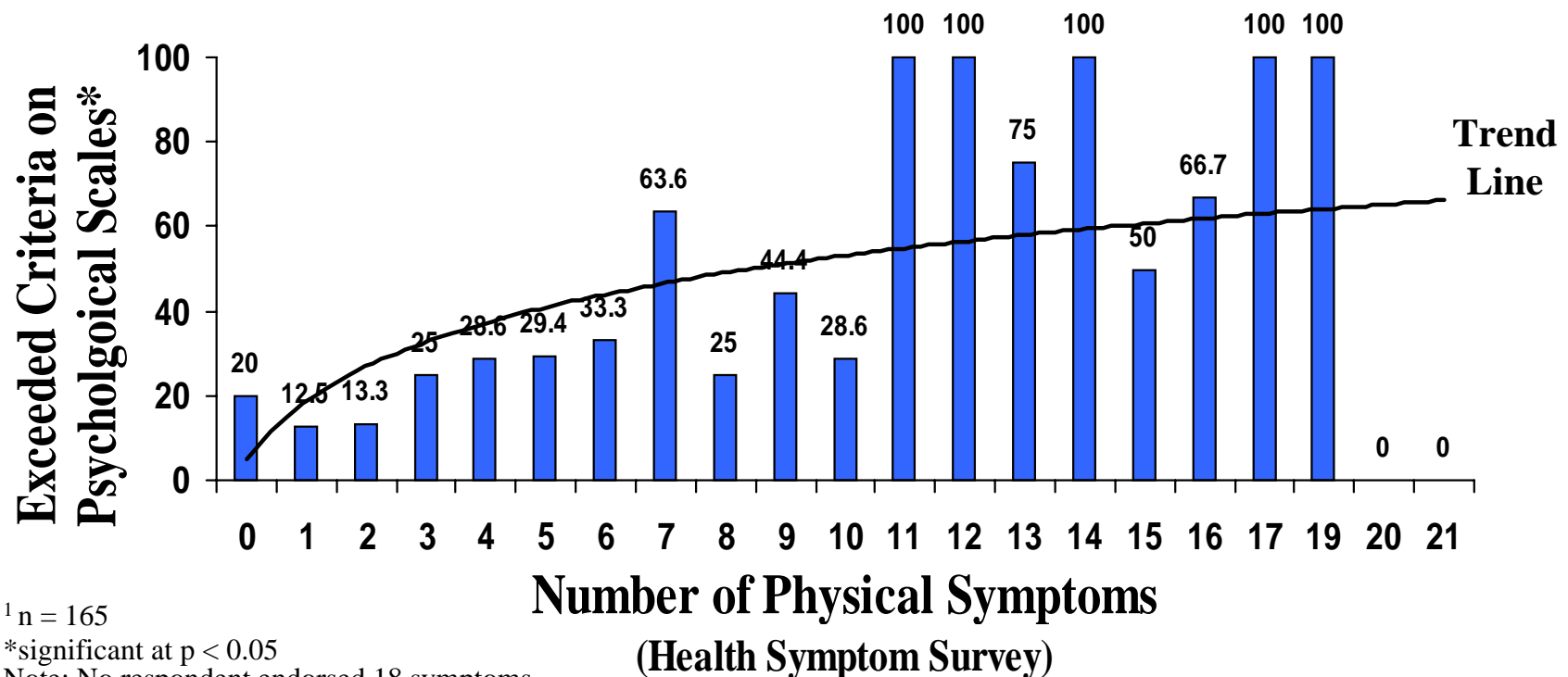
¹Fort Hood, TX, 1997 (N=1,872)

²Often or very often



Relationship between Physical¹ and Psychological Symptoms

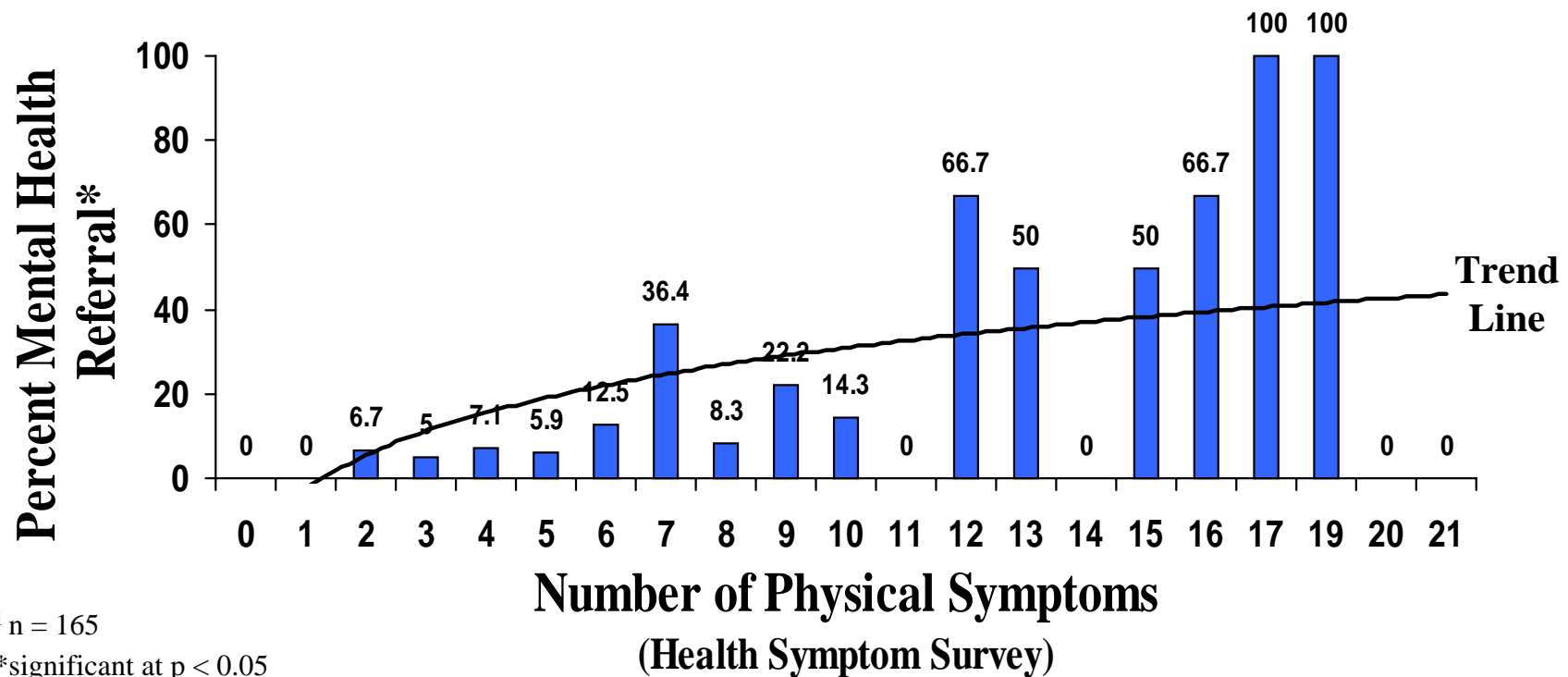
- The more physical symptoms soldiers report, the more likely they are to exceed criteria on one of the primary psychological screens.
- On the Health Symptom Survey, soldiers on average reported 5.7 physical symptoms (often or very often). Headaches and back problems were reported by more than half of the sample.





Relationship between Physical Symptoms¹ and Referrals

- The more physical symptoms soldiers report, the more likely they are to be referred.
- 89.1% of the sample had 10 or fewer physical symptoms (often or very often).



¹ n = 165

*significant at $p < 0.05$

Note: No respondent endorsed 18 symptoms.



Discussion Points

The Psychological Screening Program

- Future of the psychological screening program
- Value of screening for finding differences but not explanations
- Screening as intervention/prevention/self-referral
- Active vs. Passive medical services
- Distribution of mental health resources

Garrison-Bosnia Differences: Possible Explanations

- Positive aspects of deployment
- Alcohol-free environment in Bosnia
- Garrison stressors

Procedural Concerns

- Timing of screening
- Training



Conclusion

- Data from the Joint Medical Surveillance Screening program in Bosnia can be compared to data from service members in Garrison.
- Service members deployed to Bosnia report fewer psychological and physical symptoms than those in Garrison.
- Results also demonstrate the link between psychological and physical health.
- Recommendations for follow-up:
 - Assess broader range of physical symptoms
 - Link physical and psychological data in future screening programs
 - Develop CONUS data base
 - Develop screening as part of SRP protocol (?)



Point of Contact

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USAMRU-E Scientific and Technical Staff: CPT Bienvenu, Dr. Adler,
Ms. Huffman, CPL Calhoun, Mr. Reinish and Ms. Spohn.



Supplemental Data



Garrison vs. Bosnia: Male Soldiers

- In order to compare Garrison rates with Bosnia rates on the screening measures, specific **Army-only subgroups** were identified. This chart compares Garrison and Bosnia for outcome rates across male lower enlisted, senior enlisted, and officer personnel.
- In these specific sub-group comparisons, **lower enlisted males in Garrison** exceeded Bosnia rates on all measures but alcohol abuse.¹ Other than referral rates, the senior enlisted soldiers were not different. There were no differences between officers in Garrison and in Bosnia.

SAMPLE WITH HIGHER RATES: GARRISON OR BOSNIA?*

Mental Health Outcomes	E1-E4 n= 323 vs. 18,237	E5-E9 n= 268 vs. 15,314	WOs and Officers n=51 vs. 5,456
PTSD	Garrison 10.2% vs. 6.6%	No Difference 3.4% vs. 3.7%	No Difference 1.3% vs. 2.07%
Depression	Garrison 19.8% vs. 13.4%	No Difference 7.8% vs. 8.1%	No Difference 7.8% vs. 3.6%
Alcohol Abuse	No Difference 12.7% vs. 12.3%	No Difference 10.4% vs. 9.6%	No Difference 5.7% vs. 7.8%
Exceeded Any Scale	Garrison 30.7% vs. 24.5%	No Difference 17.9% vs. 17.3%	No Difference 9.2% vs. 13.7%
Referral	Garrison 16.7% vs. 3.4%	Garrison 6.7% vs. 1.8%	No Difference 0.6% vs. 2.0%

¹All differences significant at $p < 0.05$

*Garrison rates are presented first, Bosnia rates are second.



Garrison vs. Bosnia: Female Soldiers

- In order to compare Garrison rates with Bosnia rates on the screening measures, specific **Army-only subgroups** were identified. This chart compares Garrison and Bosnia for outcome rates across female lower enlisted, senior enlisted, and officer personnel¹.
- In these specific sub-group comparisons, **lower enlisted females in Garrison** exceeded Bosnia rates on all measures but PTSD and alcohol abuse. **Senior enlisted females in Garrison** exceeded Bosnia rates on all measures but depression and alcohol abuse. There were no differences between officers in Garrison and in Bosnia.

SAMPLE WITH HIGHER RATES: GARRISON OR BOSNIA?*

Mental Health Outcomes	E1-E4 n=86 vs. 2,510	E5-E9 n= 52 vs. 1,441	WOs and Officers** n= 8 vs. 639
PTSD	No Difference 11.6% vs. 7.4%	Garrison 11.5% vs. 4.8%	No Difference 0% vs. 2.0%
Depression	Garrison 33.7% vs. 18.8%	No Difference 15.4% vs. 11.7%	No Difference 0% vs. 5.0%
Alcohol Abuse	No Difference 8.1% vs. 6.4%	No Difference 3.8% vs. 3.9%	No Difference 0% vs. 3.0%
Exceeded Any Scale	Garrison 38.4% vs. 23.9%	Garrison 26.9% vs. 15.7%	No Difference 0% vs. 8.3%
Referral	Garrison 10.5% vs. 4.4%	Garrison 11.5% vs. 2.3%	No Difference 0% vs. 1.1%

¹All differences significant at $p < 0.05$

*Garrison rates are presented first, Bosnia rates second.

**Given the small number of women officers in the Garrison sample, no conclusions can be made regarding the female officer data.



Unit Type: Garrison Analysis

- Comparisons by unit type (Combat, Combat Support, and Combat Service Support) yield no significant differences in mental health outcomes.

UNIT TYPE BY MENTAL HEALTH OUTCOME

Mental Health Outcomes	Combat n = 219	Combat Support n = 107	Combat Service Support n = 464	Significant Group Differences
PTSD	6.4%	6.5%	8.2%	none
Depression	14.2%	15.9%	17%	none
Alcohol Abuse	11.9%	3.7%	11.2%	trend (p=.05)
Exceeded Any Scale	22.4%	22.6%	27.8%	none
Referral	13.7%	6.5%	11.2%	none



OPERATIONAL READINESS PSYCHOLOGICAL BATTERY



Privacy Act Information

1) Authority: 10 U.S.C. Sections 133, 136 1071-87, 3012, 5031 & 8012, & 5 U.S.C.. 552A; Executive Order 9397

2) Principal Purpose: This form provides information required by the Privacy Act of 1974. Personal information will facilitate & document your health care. Social Security Number (SSN) is required to identify & retrieve health records.

3) Disclosure: For military personnel, requested information is required due to need to document all active duty medical incidents in view of future rights & benefits. If requested information is not provided, comprehensive health care may not be possible, but CARE WILL NOT BE DENIED. Your signature merely acknowledges that you have been advised of the foregoing.

ver: 17 DEC 1997

Readiness Survey

Social Security Number

Date

Signature

ALL ANSWERS ARE STRICTLY CONFIDENTIAL!

- USE A #2 PENCIL.

- SHOW YOUR ANSWER BY FILLING IN THE BUBBLE LIKE THIS:

SEND COMPLETED FORMS TO:

COMMANDER

ATTN: MEDICAL RESEARCH UNIT

CMR 442

APO AE 09042-1030

Social Security Number :

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8	8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9

COMPONENT:

- ☐ ARMY
☐ NAVY
☐ AIR FORCE
☐ MARINES

STATUS:

- ☐ ACTIVE
☐ RESERVES
☐ GUARD
☐ DoD Civilian
☐ Other?

DATE OF BIRTH:

	MONTH	DAY	YEAR
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<input type="radio"/>	MAR	2	2
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<input type="radio"/>	NOV		
<input type="radio"/>	DEC		

GENDER: Female ☐ Male ☐

RACE:

African-Amer. ☐ Asian-Amer. ☐
Hispanic-Amer. ☐ Other ☐
White ☐

MARITAL STATUS:

- ☐ Single (never married)
☐ Married
☐ Divorced
☐ Separated
☐ Widowed

RANK:

- E ☐ 1
O ☐ 2
W ☐ 3
4
5
6
7
8
9

EDUCATION:

- ☐ Some High School
☐ High School
☐ GED
☐ Some College
☐ College Degree
☐ Graduate Degree

TODAY'S DATE:

	MONTH	DAY	YEAR
<input type="radio"/>	JAN	0	0
<input type="radio"/>	FEB	1	1
<input type="radio"/>	MAR	2	2
<input type="radio"/>	APR	3	3
<input type="radio"/>	MAY	4	4
<input type="radio"/>	JUN	5	5
<input type="radio"/>	JUL	6	6
<input type="radio"/>	AUG	7	7
<input type="radio"/>	SEP	8	8
<input type="radio"/>	OCT	9	9
<input type="radio"/>	NOV		
<input type="radio"/>	DEC		

YOUR UNIT:

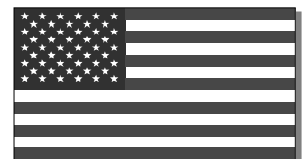
Company/Battalion

PREVIOUS DEPLOYMENTS

Did you deploy for: YES NO

Bosnia Theater	<input type="radio"/>	<input type="radio"/>
Persian Gulf (Desert Shield/Storm)	<input type="radio"/>	<input type="radio"/>
Somalia (Restore Hope)	<input type="radio"/>	<input type="radio"/>
Haiti (Restore Democracy)	<input type="radio"/>	<input type="radio"/>
Other - specify _____	<input type="radio"/>	<input type="radio"/>

What is your
MOS/Job?



THE FOLLOWING QUESTIONS RELATE TO **EXTREMELY STRESSFUL EXPERIENCES** YOU MAY HAVE HAD IN THE PAST
(e.g., life threatening experience of any kind, witnessing something horrible, physical assault)

HOW OFTEN (IF AT ALL) HAVE YOU EXPERIENCED THE FOLLOWING **IN THE PAST MONTH**:

1. Had upsetting memories of the stressful event(s)
2. Had upsetting dreams of the stressful event(s)
3. Suddenly felt like I was going through the stressful event(s) all over again
4. Felt upset because something reminded me of the stressful event(s)
5. Tried not to think or have feelings about the stressful event(s)
6. Tried to avoid activities or situations that reminded me of the stressful event(s)
7. Couldn't remember certain things about the stressful event(s)
8. Had a physical reaction (such as hands sweating, heart pounding, dizziness) when something reminded me of the stressful event(s)
9. Wasn't as interested in things that used to be important to me
10. Felt distant from other people
11. Didn't feel things as intensely as I used to
12. Felt hopeless about the future
13. Had difficulty falling or staying asleep
14. Felt annoyed or angry
15. Had difficulty concentrating
16. Felt more alert and keyed up than usual
17. Got suddenly scared or startled

NOT AT ALL	RARELY	SOMETIMES	OFTEN	VERY OFTEN
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Below are statements people have used to describe themselves. Read each statement and fill the appropriate circle to show how you feel right now (at this moment):

1. I feel down-hearted and blue.
2. Morning is when I feel the best.
3. I have crying spells or feel like it.
4. I have trouble sleeping at night.
5. I eat as much as I used to.
6. I still enjoy sex
7. I noticed that I am losing weight.
8. I have trouble with constipation.
9. My heart beats faster than usual.
10. I get tired for no reason.
11. My mind is as clear as it used to be.
12. I find it easy to do the things I used to.
13. I am restless and can't keep still.
14. I feel hopeful about the future.
15. I am more irritable than usual.
16. I find it easy to make decisions.
17. I feel that I am useful and needed.
18. My life is pretty full.
19. I feel that others would be better off if I were dead.
20. I still enjoy the things I used to do.

NONE OR A LITTLE OF THE TIME	SOME OF THE TIME	GOOD PART OF THE TIME	MOST OR ALL OF THE TIME
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please respond to the following questions

YES NO

1. Have you ever attempted to Cut back on alcohol?
2. Have you ever been Annoyed by comments made about your drinking?
3. Have you ever felt Guilty about drinking?
4. Have you ever had an Eye-opener first thing in the morning to steady your nerves?



OPERATION JOINT FORGE



REDEPLOYMENT PSYCHOLOGICAL INTERVIEW SCHEDULE

Instructions: Some soldiers being screened during re-deployment are asked to complete this form. Use a #2 pencil and fill in the bubbles completely. Screening personnel should attach completed forms to the psychological battery questionnaire. Both forms should then be sent to: Commander ATTN: Medical Research Unit CMR 442 APO AE 09042-1030

Ver: 29 Jul 98

_____-_____-_____
Social Security Number

Name

Social Security Number :

0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

TODAY'S DATE:

MONTH	DAY	YEAR
<input type="radio"/> JAN	0 <input type="radio"/> 0 <input type="radio"/>	9 <input checked="" type="radio"/> 7 <input type="radio"/>
<input type="radio"/> FEB	1 <input type="radio"/> 1 <input type="radio"/>	8 <input type="radio"/>
<input type="radio"/> MAR	2 <input type="radio"/> 2 <input type="radio"/>	9 <input type="radio"/>
<input type="radio"/> APR	3 <input type="radio"/> 3 <input type="radio"/>	
<input type="radio"/> MAY	4 <input type="radio"/>	
<input type="radio"/> JUN	5 <input type="radio"/>	
<input type="radio"/> JUL	6 <input type="radio"/>	
<input type="radio"/> AUG	7 <input type="radio"/>	
<input type="radio"/> SEP	8 <input type="radio"/>	
<input type="radio"/> OCT	9 <input type="radio"/>	
<input type="radio"/> NOV		
<input type="radio"/> DEC		

Please answer the following questions:

Yes No

Staff Use Only
Change

<input type="radio"/>	<input type="radio"/>	Were you receiving mental health or alcohol counseling BEFORE deployment?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Did you receive mental health or alcohol counseling DURING deployment?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Do you have relatives who have attempted or committed suicide?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Do you have relatives with alcohol problems?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Have you been thinking of harming yourself or others?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Are you having marital or relationship problems?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Are you having financial or legal problems?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Would you like to speak to a counselor about personal matters now?	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	Would you like to speak to a counselor when you return to home station?	<input type="radio"/>

DO NOT WRITE BELOW THIS LINE: STAFF USE ONLY

Complete for each section that exceeded criteria:

- ☐ Consult given for PTSD.
- ☐ Consult given for problem other than PTSD.
- ☐ Has stress-related problem but no need for consult.
- ☐ False positive (no stress-related problem).
- ☐ Consult given for Depression.
- ☐ Consult given for problem other than Depression.
- ☐ Has depression-related problem but no need for consult.
- ☐ False positive (no depression-related problem).
- ☐ Consult given for Alcohol Abuse.
- ☐ Consult given for problem other than Alcohol Abuse.
- ☐ Has alcohol-abuse problem but no need for consult.
- ☐ False positive (no alcohol-related problem).

Consult given:

Yes No

☐ ☐

Presenting clinical issues, if any (regardless of consult status):

- ☐ 1P ☐ 2Z ☐ 3C ☐ Marital ☐ Stress/ Anxiety D/O ☐ Axis II
- ☐ Adj. D/O ☐ Occup Prob ☐ Financial ☐ Other: _____



HEALTH & READINESS SURVEY

PSYCHOLOGICAL BATTERY



Social Security Number :

0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

Please respond to the following questions

- | | YES | NO |
|---|-----------------------|-----------------------|
| 1. Are you now taking any medications? | <input type="radio"/> | <input type="radio"/> |
| 2. During the past 90 days did you have any illness or injury that caused you to miss duty for longer than 3 days? | <input type="radio"/> | <input type="radio"/> |
| 3. Do you now have fever, chills, night sweats, or yellow skin color? | <input type="radio"/> | <input type="radio"/> |
| 4. Do you now have any swelling of the lymph nodes, stomach, or other locations on the body? | <input type="radio"/> | <input type="radio"/> |
| 5. Do you now have any rash, skin infection, or sores? | <input type="radio"/> | <input type="radio"/> |
| 6. Do you have any urinary problems such as blood in your urine or pain and burning with urination? | <input type="radio"/> | <input type="radio"/> |
| 7. Do you now have any condition that limits your ability to perform your primary military job that has not been medically evaluated? | <input type="radio"/> | <input type="radio"/> |

Please indicate if you experienced the following physical health symptoms over the PAST MONTH? If YES, how often?

- Head colds
- Sinus troubles
- Constipation
- Headaches
- Back problems
- Allergies
- Skin rash
- Cough
- Chills/Fever
- Diarrhea
- Aching joints and bones
- Stomach intestinal upset
- Eye/ear/nose problems
- Hoarseness
- Dizziness
- Muscle aches or cramps
- Weight loss/gain
- Urinary infections
- Sweaty/wet/clammy hands
- Muscle twitching/trembling
- Rapid heartbeat (not exercising)
- Shortness of breath (not exercising)
- WOMEN ONLY: menstrual difficulties
- Other (please write in): _____

	NO	YES A LITTLE	OFTEN	VERY OFTEN
1. Head colds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Sinus troubles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Constipation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Back problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Allergies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Skin rash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Cough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Chills/Fever	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Diarrhea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Aching joints and bones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Stomach intestinal upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Eye/ear/nose problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Hoarseness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Dizziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Muscle aches or cramps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Weight loss/gain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Urinary infections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Sweaty/wet/clammy hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Muscle twitching/trembling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Rapid heartbeat (not exercising)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Shortness of breath (not exercising)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. WOMEN ONLY: menstrual difficulties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Other (please write in): _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>